

THE EFFECTIVENESS OF VOICE CULTURE IN SINGING & ITS DIFFERENT ASPECTS

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Abstract

Voice is an only instrument that can be cultivated, improved and cultured by variation of pitch, intensity and timbre (tonal quality). Indian Classical Music is based on spirituality. Indian Classical Music is always connected with spirituality, When a vocalist of Indian Classical Music sings in correct tone, the whole environment becomes spiritual and soothing. For a vocalist of Indian Classical Music “Voice” is to sing the glory of God. This article is discovering the factors responsible for a good voice. Good music is created when “Voice” produces the sound at the correct pitch, accurate frequency and with good quality. Voice culture is the science of perfecting and using one's voice effectively. It is also called science of the human voice. “Voice” is also an instrument for a vocalist to communicate his musical ideas. “It has to be kept finely tuned. And Voice –Training and Voice – Culture helps to improve its quality, its power and endurance. Voice is the only instrument that can be cultivated, improved and cultured, by variation of pitch, intensity and timbre (tonal quality).

Keywords: *voice culture, Singing, Music*

1. INTRODUCTION

Voice Culture is the procedure to extend the capacities of the voice in terminology of volume and also the dynamic range. Voice Culture is a topic that's appropriate to a newbie, a youngster or maybe a newcomer music learner along with it's helpful to a skilled vocalist also. The usefulness as well as usefulness of voice lifestyle is preparing a voice for singing. A top quality of speech is needed for each singer to be able to create great music. It's understanding these primary facts of a —Voice. The vocal generation The voice systems The command of the pitch The voice timbre

You will find five standard issues we might commit when singing and they're as follows:

- Singing Out of Tune
- Lack of Rhythm Sense
- Running Out of Breath when Singing

- Soft and Weak voice
- Slurry Words When Singing
- Straining the Throat
- Locking the Jaw
- Raising the Head Singing
- Tortleneck Singing

Often vocal music pupils voice out of tune, some think they were Tone Deaf and aren't able to sing in pitch in all. Weak voice, singing as a whisper is also coupling of common issues that vocal music pupil might have. Lots of pupils experience particular throat tightness whenever they sing, particularly for the top notes in a song. Singers may begin to have jaw tension as they attempt to attain greater & higher notes in the song, or maybe even if projecting or belting the speech of theirs with an open mouth and also lowered jaw. The main reason actually being as we lift the heads

of ours whenever we sing, we're really straining as well as stretching the front part of the throat of ours, along with pressing down on the rear portion of our throat. This subjects the throat of ours to more strain and also triggers several of the muscles in our throat, perhaps tiring them out unnecessarily. The key reason why singers might extend or stick out the neck of theirs when they're singing is since we've this false notion that we've much more

conscious command over the voice of ours whenever we control the throat muscles of ours. Understanding much more about the typical issues we commit when singing will make it possible to clean up the anxiety of what's causing us to sing badly. Voice culture is going to help to show us particularly what we need to focus on to improve the singing of ours.

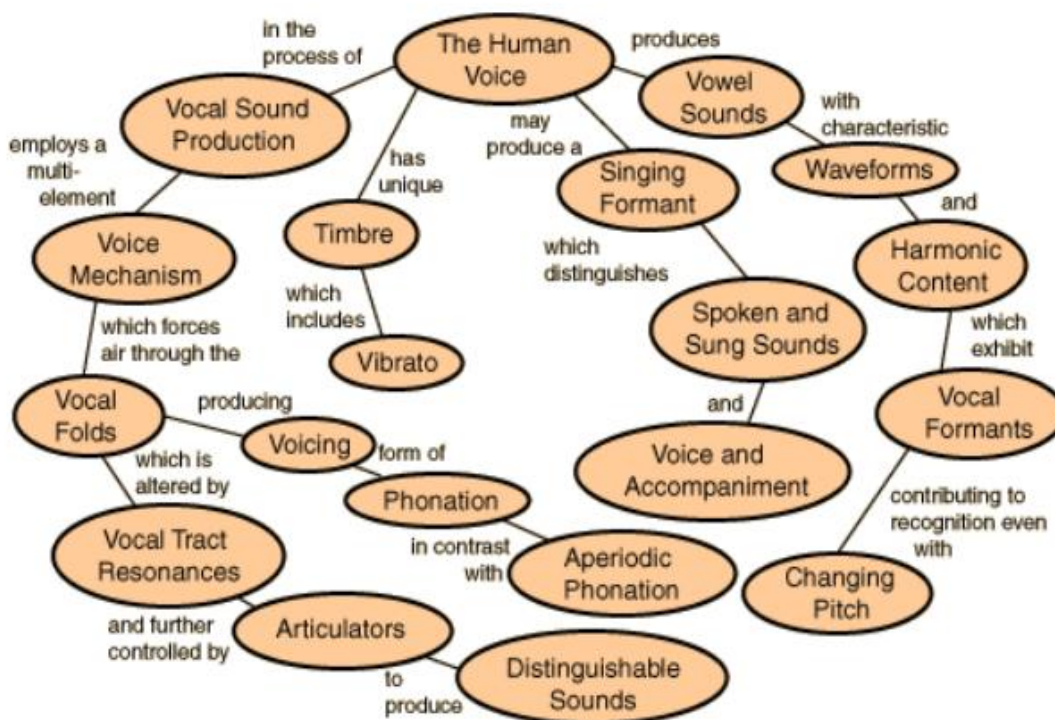


Figure 1: Voice System

2. IMPORTANCE OF VOICE CULTURE IN MUSIC

Voice Culture is a topic which covers all of the potential of voice. This's the effectiveness as well as usefulness of Voice Culture.

Voice Culture is developing consciousness in the music learner which the man voice is a singing voice. An individual gifted with musical capabilities has a naturally gifted vocal apparatus as well as propensities which have to be unlocked, awakened as well as

orchestrated. Understanding as well as going through the difference between the communicative (speaking), expressive (laughing, crying, hooting), semi expressive (shouting, calling) and singing voices.. Understanding and attaining production of tones across the number, including and so called head, mid, and chest tones.

Understanding breath and also the connection between breathing and singing in level. Attaining tone generation as extensions into phrases in addition to musical passages and

lines - improvisation and songs. Articulation - consonants and vowels - in the realms of song and speech. The Indian classical music is influenced by conventional coaching techniques. We are able to figure out the classic concepts of Indian Vocal music or even in the contemporary phrase —Voice Culture technique from the evaluation of more mature cultures as well as styles of singing as made in recordings of the pre 50s era.

Reverse rationalization of present musical genres and styles with the help of knowing the vocal speech and hygiene principles. This's particularly relevant to classical music in which the voice science allows us to value the characteristics of pre-microphone voice lifestyle - the era that identified the character of Classical music. Voice lifestyle has a systematic impact on the vocal. A properly produced voice will be the sole base on that the superstructure of vocal eloquence is often erected. For the incompetency of regular vocal tuition the systematic part of authentic voice lifestyle will be recognized universally. Voice culture would gain a music learner or maybe a skilled vocalist, it's a topic which are not one thing that are appropriate just to youngsters or beginners or maybe newcomer Music learner ,it is designed for an experienced vocalist and a novice. Voice Culture is about making appropriate usage of vocal chords, the right method of breathing, the diaphragm of ours, and the entire body of ours. Vocal chords are only delicate membranous tissues that are controlled by muscle groups of the larynx. Just like a table gains dust in case left unattended or unlearned, likewise the vocal chords of ours will in addition cease to function optimally if we don't interact them with frequent singing train.

It can help us to recognize the structure of the voice of ours and vocal cords. It's important to be able to direct us towards developing helpful singing behavior, in addition to creating

sounds that happen to be much more calm & healthy for us to vocalize. We must recognize at as soon as the point that the voice is an all natural reporter of the circumstances, thoughts, emotions, and purposes. We are able to figure out the convenience of —Voice Culture in different aspect.

- Projection of Voice
- Using the whole body as a musical instrument,
- Making correct use of the breathing
- Voice modulation techniques

Voice Culture can change the whole aspect of a music learner even a trained vocalist can make out the difference in quality of their voice. The effectiveness and usefulness of voice culture is to prepare Voice for singing, to maintain the voice hygiene and to preserve the Voice from voice disorder. We can say that —Voice Culture is like a —Vocal training which focuses on this very important aspect of a —Voice. Hence it is absolutely necessary for every singer of classical music. The Effectiveness and Usefulness of Voice culture is very wide. These are the few important aspect of voice culture.

3. VOICE AND ITS GREATNESS AS A MUSICAL INSTRUMENT

Sanskrit literature defined voice in our Sanskrit literature —Voice continues to be discussed really attractively. The Sanskrit treatise Aitereya Aranyaka details the voice as divine or deyvī-vina lute bodily or sarita-vina lute. Narada Shiksha uses the term gatra vina (bodily lute) instead of sarita vina. The Sanskrit notion of considering throat or even as vina had also been recognized in the Indian literature. The voice commentator of Shilapadikaram describes mitaru (literally throat) as kantappadal (the song of the throat) in a single location as well as sarira vinain another school. Jivakachintamani, definitely

utilizes the word mitaru as well as the commentator has clarified the phrase as sarita vina (bodily lute). The thought that the throat (mitaru or maybe kanam) was viewed as physical lute is clearly stated in a single spot in Jivakachintamani as narampotu vinai navinavinrato.

The human voice is a fine, sympathetic as well as best musical instrument based on a musician. The Psychology views the voice as a sign of personality as well as character of an individual whereas in the perspective of the physiologist the human voice mechanism is an essential body organ for the survival of mankind. In each and every respect, the human voice is better than almost all manmade instruments. All manmade instruments are created to deal with affixed range. This particular God made instrument the man voice does not have a definite selection as well as the assortment of the instrument is extended by training. The form of the resonators could be customized by muscular motions which allow making a huge selection of phonetics sounds. In order to date no inventor has established a musical instrument in precise imitation of the ingenious supple vocal tract with its flexible & marvelously mobile wails. Among the special options that come with the man voice would be that the dimensions as well as design of the resonators are under the mindful command of the performer. A number of tone colors are made by this particular instrument nasally or either by the adaptable resonators of the man voice.

This musical instrument —voice consists of four parts namely

- The vibrator
- The resonator
- The motor and
- The articulator

Lots of musical instruments have the very first 3 parts in some type of or any other. However the articulation is the attribute of the man voice. It's below the instrument voice gets human and transcends mechanism. It's probably the most articulate instrument because it could be put forth to utter words based on the musical laws by changing the noise produced placement of soft palate and tongue. It conveys poetic thoughts and also has impressive music. Additional instruments just play the tune as the audio plays and claims simultaneously. Not one other instrument is able to duplicate the intensity of feelings the voice puts forth. The serious freedom of the command of the frequency, the output and also the timbre in the voice help make the instrument voice all emotions. The coloring of tone is created by altering the size of the vibrators as well as resonators. As the voice is the one living instrument of music, it exudes private warmth. It's an indisputable fact that the most ideal as well as gorgeous musical instrument is the man voice. Up to now, the human voice hasn't been equaled by any musical instrument which male has invented to potential variants of timbre, intensity, and pitch. Thus it's as many as us to develop as well as protect it Divine instrument a God provided gift to humanity to sing.

4. IMPORTANT ASPECT OF VOICE CULTURE

4.1 Control of Breath

To breath is most likely the most elementary part of singing, as it offers the power for singing. Breathing improperly could cause stress in the vocal box and be an aspect in bad overall tone quality. Voice Culture is a subject wherever we learn how to handle the breath of ours whenever we sing. Correct breathing method is a commonly debated subject amongst —Voice Expert music teachers & scholar all over. Singers and scientists all

around the globe have agreed the design of breathing determines the caliber of the voice to a big extent. Hence correct breathing habits must be more developed in the beginning years itself. You will find a lot of diverse methods that individuals are trained, it is hard to tell which ones are excellent for the speech of ours, and which ones are damaging. But not knowing how you can breathe effectively when singing can really be risky to the health of ours too. Everything about singing is dependant on breath. The absolute very first thing that we have to understand about singing is the fact that if we're not breathing correctly, we're not singing correctly, which can result in some rather serious problems. Severe enough that we could possibly ruin our singing voice forever. Disorder in vocal creation largely results from incorrect breathing.

The kind of breathing that guarantees the 2 above mentioned requisites is Diaphragmatic sort. An usually quoted suggest to singers is sing out of the diaphragm and not coming from the throat. The back ribs broaden much more that helps with a much better quantity of descent of the diaphragm. This offers increased expansion of the chest cavity and therefore bigger level of air is obtained. The diaphragm descends as many as one and also half inches. The abdominal wall structure remains firms. The lower ribs are looked after in the enhanced placement for the controlled exhalation, keeping much more control with the diaphragm. A healthy tension on the inhalation as well as exhalation muscles is maintained. Thus extremely wonderful delicacy in breathing control is attained. Breath control implies the capability to manage the emission of the breath of theirs by letting it out gradually as the diaphragm relaxes gradually as well as steadily when the intra abdominal strain drives the diaphragm up. The quality of air isn't the sole criterion for singers but additionally the command of the exhaled breathing stream is vitally important.

Although these issues could be corrected with learning the best breath control tips & techniques, there's one significant problem which must be looked after. Vocal tension and forcing the voice can ultimately result in vocal nodes forming within the throat of ours. Essentially, nodes are minimal callus as protrusions which create on the vocal cords on the interior of the throat. They result in the voice of ours to be toneless and raspy, and sometimes the sole solution is a mix of surgery and vocal treatment. The vocal therapy is able to entail being ordered not to talk or even make use of the voice of ours for a prolonged period of time, sometimes months. Even with vocal therapy, lots of individuals cannot truly sing on the degree they previously could. The ranges of theirs are drastically shortened, their voices break plus they've a continuous rapines which never ever goes away.

There are 4 types of breathing:

- 1) Diaphragmatic - Diaphragmatic breath is beneficial for each singer. Singing demands a lot more air as well as controlled exhalation that the diaphragm is created to descend a larger level.
- 2) Clavicular (shoulder): Clavicular breath is helpful to sing extremely shrill notes. it's utilized to sing high pitched notes.
- 3) Costal (chest) In costal breath we move our rib cage giving incredibly small room or maybe development for breathing. But a really substantial purpose diaphragmatic breath is way better, would be that it will keep unwanted tension from the voice box - tension that contributes to bad tone output
- 4) Abdominal. --Abdominal breathing helps you to voice the reduced notes effectively. It can help a singer to attain the subtler heights of singing

“Breathing exercises” for a Vocalist

These're very few breathing exercises for a vocalist getting control while singing Each day for 5-10 minutes perform

“Shash” or Breath IN 5 seconds (without raising shoulders)

Table 1

“Breath OUT”			
4 counts	8 counts	12 counts	16 counts

Table 2

4.2 Power in Voice while Singing or Vocal Projection

As a vocalist each singer desires which his/her voice needs to be obnoxious as well as adequate impressive, so he is able to achieve as well as link with the market. But sometime it comes just by known and correct method. Often it gets very hard and by incorrect technique the voice might be damaged forever. In this particular context Voice Culture gives ideal guidance. Developing the effective vocals or even singing is based on these items

- 1) Incorporating diaphragm strength,
- 2) Vocal cord muscle strength,
- 3) Using proper resonance,
- 4) As well as mouth as well as throat relaxation

Voice Culture provides us the appropriate direction to build the vocals with no vocal abuse. Strain the throats of ours to be able to obtain- Positive Many Meanings - a louder singing voice may end up in vocal harm or abuse, since a lot of us might squeeze our vocal cords being a louder singing voice.

- Singing Power definitely doesn't mean much more tension or strain, but instead it implies achieving excellent vocal placement with a calm body, with a solid foundation of breathing & diaphragm support

- Voice projection will be the sturdiness of talking or singing by which the voice can be used clearly and loudly.

It's a method that can be used to expect interest and respect, like whenever a teacher is conversing with the category, or just being read clearly, as an actor in a theatre. Breath technique is crucial for appropriate voice projection. In singing, vocal projection is usually equated with resonance, the concentrated strain whereby one creates a concentrated sound. True resonance is going to produce the best amount of projection readily available to a vocal through the use of all of the key resonators present in the vocal cavity. We have to achieve is a healthy sound, with a great mixture of voice and breath. Actually, we actually need minimal air whenever we sing, and using a lot of air may lead to a lot of tension being exerted on the vocal cords of ours.

Manage the breath of ours utilizing the abdominal muscles of ours and the diaphragm of ours, rather than expelling our breath more quickly, as we will have to regulate the quantity of air we utilize when we sing obnoxious or project the voices Placement of ours of the voice of ours to be able to attain a stronger and brighter sound whenever we sing. One method to explore effective vocal positioning is practicing even more humming exercises ensuring that when we hum, we

believe the resonance as well as vibrations in the face of ours and near to the nasal region of ours, and in the mouth of ours. In order to put the voice of ours in a forward position and that is far more appropriate for vocal projection, enabling us to utilize less force whenever we sing. We are able to additionally imagine we're throwing the speech of ours throughout a hallway or maybe space, making it bounce off of the wall on the opposite side and also are available right to us.

4.3 Extending the Vocal Range

The vocal range of ours is the ability of ours to sing comfortably both low or high notes. Generally the range of ours is measured in Octaves or Saptak. The word vocal range describes the spectrum of notes that a singers voice can create, beginning from the Mandra Saptak Swara to Taar Saptak Swara (bottommost note and also reaching towards the topmost note). Put simply Vocal range represents the distance in between the lowest and highest pitches that a singer can sing.

If perhaps we are able to sing the notes one octave under Madya Sa (center C) as well as one particular octave above middle C TaarSaptak, subsequently we've a 3 octave range. Saptak or even an octave being 8 notes. Beginning at Madya Sa to Taar Sa (middle C as much as the subsequent C) is but one octave or perhaps Saptak. Saptak- Octave (Saptak implies 7). Indian music doesn't count repeated notes as a component of the very same octave. But saptak and octave essentially imply exactly the same meaning).

- The vocal range of ours is the quantity of Musical Notes we are able to reach comfortably and normally.
- Vocal Range runs parallel to the number of the regular speaking voice of ours.

- The regular speaking voice of ours is generally grounded in the chest area
- On average, encompasses 8 to 12 Musical Notes on a machine.
- Scale is generally special to each person's vocal range and voice.
- Vocal range is very relative with every single individual.
- The voice of ours has an overall range of 2 octaves,
- Someone else with that very same range may conclude the range of theirs possibly lower or higher than ours.
- The better our range the much more flexible the repertoire of ours could be

Even with the user-friendly clarity of its, vocal range is not simple to explain; neither could it be simple to compare the vocal ranges of singers in genres that are different. The tonal quality of the voice is as essential in figuring out speech sort as the assortment of notes themselves. The vocal range of ours is the ability of ours to sing comfortably both low and high notes. Generally the selection of ours is calculated in octaves, an octave getting 8 notes. Beginning at center C up to the subsequent C is but one octave. Probably the broadest characterization of vocal range, provided previously, is actually the span from the greatest to probably the lowest note a specific voice is able to create. This broad definition, nonetheless, is usually not the camera suggested when someone speaks of "vocal range." This's because several of the notes a voice is able to generate is probably not viewed "musically useful" for a specific goal. To increase the vocal range is among the items that allow a singer being flexible. The more our range the better songs and we are able to easily fit in the repertoire of yours. This's extremely significant in case we wish to provide various Raga because each Raga has chalan in various octaves It's much better to get much more vocal range instead of less as

the more our range the much more flexible the repertoire of ours might be, probably the most flexible also consequently effective vocalist.

Confident range that will be based on the Guru of ours, and the number where we sound best is in addition a consideration. By 'best' mean focused, strong and pure-timbred. Vocal range

Sa .	Re .	Ga .	Ma .	Pa .	Dha .	Ni .	Sa
Sa .	Re .	Ga .	Ma .	Pa .	Dha .	Ni .	Sa
Sa	Ni .	Dha .	Pa .	Ma .	Ga .	Re .	Sa .

Table 3

4.4 Resonance in singing

Resonance is regarded as the crucial element in determining whether a singers voice sounds fantastic or dull. Vocal resonation is the procedure by which the fundamental product of phonation is improved in timbre or intensity by the air filled cavities whereby it passes on the way of its to the exterior air. Different terms associated with the resonation procedure include amplification, intensification, improvement, enlargement, enrichment, then prolongation; although in purely scientific usage acoustic authorities will question the majority of them. The primary thing to be drawn by using these conditions by a singer or maybe speaker would be that the outcome of resonation is, or even needs to be, to create a much better sound.

At this time there are 7 places which could be mentioned as possible vocal resonators. In sequence from probably the lowest inside the body on the greatest, these aspects would be the chest area, the tracheal tree, the larynx itself, the pharynx, the oral cavity, the nasal cavity, and also the sinuses.

Resonance is liable for making the voice very easily loud. Plus it will make the top range readily available. The pharynx is the central resonator; The oral cavity is definitely the second best resonator. The nasal cavity is

basically is determined by the style of music too.

In Indian Classical Music set of 7 Notes or maybe seven Swaras in reduced frequency is known as Mandra Saptak Please note the dot (.) beneath each Swara that is utilized to denote the lower frequency swaras:

definitely the 3rd best resonator. The sinuses are incredibly critical to voice modulation.

Resonance became a continuous debate regarding whether the vocal chords of individuals certainly are a stringed instrument, a reed instrument or even a whistle. And without fail the discussions have ended in a draw since everybody appear to concur the man vocal chords are these and much more besides. It's a distinctive instrument and incomparable and superior far to any male made instrument. The vocal chords of ours are much more complex, much more capable compared to any instrument, could imitate virtually every instrument. In comparison, it sounded is much more appealing. No instrument is able to provide that much emotion as well as experience for a song when compared to a human voice. The vocal chords in singing resonance have 3 components in typical to almost all musical instruments. Furthermore the man vocal chords have another component that no instrument has and that's an Articulator.

- Motor: Lungs as well as the breathing muscles.
- Vibrator: Vocal chords.
- Resonator: head, nasal, mouth, and Throat cavities.
- Articulator: Tongue, , tooth and mouth palate.



Sustaining of the Voice on Musical notes or “Swara”

Sustaining a Swara is the own appeal of its. The elegance of sustaining any Swara or a note that is totally in tune for numerous secs would be that the pleasure it allows for the vocalist when reaching the top of the song is beyond cost. This method is described as sustain and it is among the most typical elements utilized during an experienced singing concert. We've heard numerous vocalists singing which have the stamina or maybe command to keep a Swara or maybe note for a significant amount of time. It's still yet more amazing if the Swara or note they're singing is rather high. Because of this marvelous singing and achievement, we've to utilize the appropriate breathing management as well as a lot of Riyaz of various Swaras to do as well as practice a couple of sustain workouts. Working away to better our breathing management also as for assisting extends time we sing a note.

In music, sustain is a parameter of musical sound after a while. As the title of it suggests, it denotes the period of your time during that the audio continues to be before it gets inaudible, or perhaps quiet. Sustaining various Swaras is vitally important in Indian Classical music. It's a favorite saying among Indian classical musicians that the longer we are able to experience as well as sing one note, a much better Vocalist we're. Perhaps even hours of singing complicated compositions may not enhance the hold of ours on the notes. The most effective way to get control over them is actually by sustaining Musical notes or even Swaras.

Sustaining in addition to a —Harmonium are able to be extremely beneficial & become an ideal time in case you won't be able to differentiate the sounds of the instrument and yours. That suggests we're resonating with it and that is what we would like. Right here it's undeniable that sustaining is extremely important in Hindustani classical music while in Carnatic music sustaining Swaras isn't vitally important. Inside Hindustani music throughout voice education to experience a Swara is an essential requirement. In Indian Vocal Music the capability of sustaining the breath with a gradual vocalization is required. The singer must be aware of composite dynamics of musical notes and must have the ability to maintain on it.

You will find numerous Singing Exercises which focus on our Vocal Sustain, or maybe the ability of ours to sustain the voice of ours nicely whenever we sing, particularly at the conclusion of long phrases A helpful vocal physical exercise which we are able to perform, so we are going to be ready to sustain our voice also and well create an excellent singing tone at the very same time! Just before we start, do make certain we perform some fundamental vocal bright ups before we start the vocal exercises of ours, in order to stay away from any vocal abuse or perhaps harm. We must do a little breathing exercises as these is going to come in handy for our Vocal Sustain Singing Exercises.

The singer's voice needs to be soft as he moves from a single Swara to the next note or maybe Swara to be aware in this standard scale comprising of seven Swaras notes

Sa	Re	Ga	Ma	Pa	Dha	Ni	Sa
Sa	Re	Ga	Ma	Pa	Dha	Ni	Sa

Table 4

5. CONCLUSION

It's realized that Voice Culture it's essentially a mix of traditional and scientific techniques to

enhance the quality of voice. For each one of these voice lifestyle calls for various subject matter as physics of singing, anatomy of vocal chords, psychology etc. The fundamentals of voice culture could be various techniques of music learning methods. The need and benefits of vocal lifestyle is training the voice to sing attractively and protect the voice from disorders. The voice sustaining training must take guidance of Guru or maybe any Voice Expert. This's especially in case we haven't developed the capability to listen to ourselves and also to find out if we're performing the exercises not or properly. We've to keep in mind we ought to constantly notice time and the Swara or maybe musical note we're singing, this would assist us to discover that we've progressed. Sustainability is an immensely important component of vocal lessons in Hindustani music and Voice Culture. Voice lifestyle covers all of the elements to instruct the voice to sing effectively.

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